

# Why eating fruits and vegetables is important for children

## IT ALL BEGINS IN CHILDHOOD

African American youth have the highest rates of overweight and obesity among all children. Type 2 diabetes is also going up at alarming rates among African American children. Eating habits that affect a child's risk for these problems begin in childhood. Healthy eating in childhood, and into the adult years, can help lower their chances for diseases later in life. These diseases include obesity, overweight, diabetes, heart disease, high blood pressure, and cancer. Most African American kids eat less than half of the amount of fruits and vegetables recommended for good health.

## GOOD HABITS LAST A LIFETIME

It's important for us to help kids develop good habits they can carry into their adult lives. Eating more fruits and vegetables when they are young will make it easier for them to eat more fruits and vegetables as adults.

## NUTRIENTS TO GROW HEALTHY AND STRONG

Fruits and vegetables give children many of the nutrients they need to grow healthfully. Eating enough fruits and vegetables also helps kids develop strong muscles, bones, and teeth.

